

Natrona County School District

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Lunch 6-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 11/01/2017													
Lunch 6-8	Total	2500											
Potatoes au gratin & ham	1 CUP	500	199	30	1099	2.50	2.62	50.0	0	7.5	10.83	30.83	5.21
Cheeseburger/wheat bun 1.60oz	1 EACH	800	357	48	625	6.00	4.50	1495.0	2250	0.0	21.0	38.0	13.25
Carrots, baby 3/4 cup	3/4 CUP	2500	36	0	46	2.04	0.00	20.4	5105	1.23	1.02	6.13	0.0
Fruit, fresh	1 EACH	2500	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Fruit, canned	1/2 CUP	2500	68	0	8	1.00	0.14	8.0	250	7.8	0.4	17.2	0.0
Bread stick whole wheat 2	2 OZ	500	180	0	240	2.00	1.44	0.0	0	2.4	6.0	28.0	5.0
Milk, chocolate fat free	1 CUP	1800	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Alternate, Pizza Hut Pizza	SLICES	800	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar Salad sec	1 EACH	400	372	36	490	9.69	13.18	409.4	632	77.29	21.22	28.57	18.39
Weighted Daily Average			632	43	980	10.49	5.43	1012.9	6910	50.49	31.18	93.09	14.43
% of Calories											19.7%	59.0%	20.6%
Nutrient Guideline			600-700		1360								

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 11/02/2017													
Lunch 6-8	Total	2500											
Country fried steak	EACH	1050	330	50	530	3.00	1.80	20.0	0	0.0	17.0	16.0	21.0
Hot pocket - pepperoni	1 EACH	200	300	15	550	4.00	2.70	250.0	400	0.0	15.0	33.0	11.0
Potato pearls low sodium	1/2 CUP	1050	160	0	220	2.00	0.72	40.0	0	60.0	4.0	34.0	2.0
Gravy, chicken dehydr & WA.50c	1/2 CUP	1050	33	0	524	0.00	0.00	3.6	0	0.0	0.0	6.5	2.17
Fruit, fresh	1 EACH	2500	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
CORN CANNED YELLOW .75 cup	.75 cup	2500	90	0	210	3.00	0.54	0.0	0	5.4	3.0	13.5	2.25
Dinner roll 100 % wheat	1 EACH	1050	110	0	180	3.00	1.44	60.0	0	0.0	6.0	19.0	1.5
Milk, chocolate fat free	1 CUP	1800	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Alternate, Pizza Hut Pizza	SLICES	1000	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar Salad sec	1 EACH	250	372	36	490	9.69	13.18	409.4	632	77.29	21.22	28.57	18.39
Weighted Daily Average			722	44	1346	11.01	4.85	572.6	867	65.45	35.86	94.61	22.44
% of Calories											19.9%	52.4%	28.0%
Nutrient Guideline			600-700		1360								

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 11/03/2017													
Lunch 6-8	Total	1											
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
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Natrona County School District

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Lunch 6-8

Portion Values - Detailed

Page 2

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%
Nutrient Guideline			600-700		1360								

Mon - 11/06/2017													
Lunch 6-8	Total	2500											
Chicken Mandarin orange- Asian	2.50 oz	800	174	46	336	0.00	0.00	0.0	0	0.0	12.0	21.0	4.0
Bread stick mozzarella	2 STIXS	1200	320	20	780	2.00	0.00	200.0	0	0.0	14.0	32.0	14.0
Spaghetti sauce low sodium	1/4 CUP	1200	40	0	63	0.50	10.08	125.0	1048	14.7	0.5	5.0	2.0
Rice, brown	1/4 CUP	800	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0
Peas, frozen, green	3/4 CUP	2500	93	0	87	6.00	0.00	0.0	0	0.0	6.0	16.5	0.0
Fruit, fresh	EACH	2200	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Fruit, canned	1/2 CUP	2200	68	0	8	1.00	0.14	8.0	250	7.8	0.4	17.2	0.0
Milk, chocolate fat free	1 CUP	1800	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Alternate, Pizza Hut Pizza	SLICES	700	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar potato high	SERVINGS	500	788	41	845	18.68	15.09	507.4	3301	270.25	26.5	109.19	29.91
Weighted Daily Average			797	47	1128	14.52	8.80	678.8	2087	92.02	37.69	116.38	19.58
% of Calories											18.9%	58.4%	22.1%
Nutrient Guideline			600-700		1360								

Tue - 11/07/2017													
Lunch 6-8	Total	2500											
Chili white el	3/4 CUP	500	202	29	308	6.00	2.38	119.3	121	4.83	14.9	27.04	3.89
Hot pocket - pepperoni	1 EACH	500	300	15	550	4.00	2.70	250.0	400	0.0	15.0	33.0	11.0
Tortilla, whole wheat	1 EACH	500	96	0	243	0.50	16.74	560.0	0	0.0	2.5	15.3	2.4
Carrot and celery sticks el	3/4 CUP	2500	21	0	59	1.58	1.98	226.8	2302	10.61	0.72	3.68	0.1
Fruit, canned	1/2 CUP	2200	68	0	8	1.00	0.14	8.0	250	7.8	0.4	17.2	0.0
Fruit, fresh	1 EACH	2200	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Chocolate chip cookies	1 EACH	2500	133	13	39	0.85	2.60	213.0	118	0.0	1.58	16.66	6.86
Milk, chocolate fat free	1 CUP	1800	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Alternate, Pizza Hut Pizza	SLICES	1000	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar potato high	SERVINGS	500	788	41	845	18.68	15.09	507.4	3301	270.25	26.5	109.19	29.91

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Natrona County School District

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Lunch 6-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average % of Calories			790	48	927	12.27	13.18	1192.3	4167	96.54	32.56 16.5%	114.75 58.1%	22.64 25.8%
Nutrient Guideline			600-700		1360								

Wed - 11/08/2017													
Lunch 6-8	Total	2500											
Chicken & gravy	SERVINGS	1000	253	57	532	8.00	27.00	460.0	7784	34.8	20.02	29.16	6.11
Hot dog & bun	1 EACH	700	290	30	540	3.00	2.52	20.0	0	0.0	13.0	29.0	13.0
Cranberry sauce:cannedswt.25cu	1/4 CUP	2500	105	0	20	0.50	0.18	0.0	0	1.5	0.0	27.0	0.0
CORN CANNED YELLOW .75 cup	.75 cup	2500	90	0	210	3.00	0.54	0.0	0	5.4	3.0	13.5	2.25
Fruit, fresh	EACH	2500	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Biscuit, whole grain	1 EACH	900	180	0	330	2.00	1.44	80.0	1000	0.0	4.0	26.0	7.0
Milk, chocolate fat free	1 CUP	1800	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Alternate, Pizza Hut Pizza	SLICES	600	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar potato high	SERVINGS	200	788	41	845	18.68	15.09	507.4	3301	270.25	26.5	109.19	29.91
Weighted Daily Average % of Calories			756	48	1107	12.55	14.69	660.4	4432	69.56	32.56 17.2%	117.00 61.9%	17.38 20.7%
Nutrient Guideline			600-700		1360								

Thu - 11/09/2017													
Lunch 6-8	Total	2500											
Chicken roasted drumstick	1 EACH	850	130	45	330	0.00	0.36	0.0	0	0.0	13.0	2.0	8.0
BBQ pork rib on wheat bun	1 EACH	450	413	51	1092	7.24	23.58	102.0	199	1.39	21.63	56.42	13.15
Harvest apple crisp	SERVINGS	2000	208	0	46	5.81	7.55	83.5	3710	23.66	1.87	41.39	4.9
Carrots, baby 3/4 cup	.75 CUP	2500	36	0	46	2.04	0.00	20.4	5105	1.23	1.02	6.13	0.0
Fruit, fresh	EACH	2500	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Bread stick whole wheat 2	2 OZ	1000	180	0	240	2.00	1.44	0.0	0	2.4	6.0	28.0	5.0
Milk, chocolate fat free	1 CUP	1800	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Alternate, Pizza Hut Pizza	SLICES	1025	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar potato high	SERVINGS	175	788	41	845	18.68	15.09	507.4	3301	270.25	26.5	109.19	29.91
Weighted Daily Average % of Calories			757	46	986	13.49	13.17	604.5	9117	67.40	33.53 17.7%	113.15 59.8%	19.51 23.2%
Nutrient Guideline			600-700		1360								

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Natrona County School District

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Lunch 6-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 11/10/2017													
Lunch 6-8	Total	2500											
Sandwich, Grilled Cheese - sec	1 EACH	800	310	30	856	4.00	2.00	445.0	447	0.0	20.17	32.05	15.07
Corn dog - whole grain	1 EACH	800	240	20	590	5.00	2.70	150.0	0	0.0	9.0	33.0	8.0
Tomato Soup	1 cup	800	80	0	414	1.00	0.36	3.6	400	6.0	1.0	16.0	1.0
Salad, chopped Romaine	2 CUP	2500	92	7	89	1.60	0.58	16.0	4000	16.8	1.3	2.45	8.5
Fruit, fresh	1 EACH	2500	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Fruit, canned	1/2 CUP	2500	68	0	8	1.00	0.14	8.0	250	7.8	0.4	17.2	0.0
Milk, chocolate fat free	1 CUP	1800	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Alternate, Pizza Hut Pizza	SLICES	700	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar potato high	SERVINGS	1	788	41	845	18.68	15.09	507.4	3301	270.25	26.5	109.19	29.91
Weighted Daily Average % of Calories			626	38	1045	8.75	3.18	631.7	5236	53.75	26.68	85.57	20.88
											17.0%	54.6%	30.0%
Nutrient Guideline			600-700		1360								

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 11/13/2017													
Lunch 6-8	Total	2500											
Chicken nuggets	SERVING	1200	200	25	240	3.00	1.80	40.0	0	0.0	17.0	15.0	8.0
Pork patties sandwich	1 EACH	300	412	40	574	20.00	0.80	710.4	5	0.0	23.0	39.17	19.2
Potato pearls low sodium	1/2 CUP	100	160	0	220	2.00	0.72	40.0	0	60.0	4.0	34.0	2.0
Gravy, chicken dehydr & WA.50c	1/2 CUP	1000	33	0	524	0.00	0.00	3.6	0	0.0	0.0	6.5	2.17
MIXED VEGETABLES, FROZEN 3/4 C	.75 CUP	2500	88	0	48	6.00	20.25	345.0	5838	26.1	3.9	17.87	0.21
Fruit, canned	1/2 CUP	2500	68	0	8	1.00	0.14	8.0	250	7.8	0.4	17.2	0.0
Dinner roll 100 % wheat	1 EACH	1000	110	0	180	3.00	1.44	60.0	0	0.0	6.0	19.0	1.5
Milk, chocolate fat free	1 CUP	1800	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Alternate, Pizza Hut Pizza	SLICES	750	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar breakfast	SERVING	250	520	55	661	2.79	2.29	85.2	214	5.12	11.36	63.67	24.47
Weighted Daily Average % of Calories			638	38	962	13.45	22.88	902.4	6755	38.35	34.13	92.82	15.06
											21.4%	58.2%	21.3%
Nutrient Guideline			600-700		1360								

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Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Lunch 6-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 11/14/2017													
Lunch 6-8	Total	2500											
Macaroni & cheese whole grain	3/4 CUP	1335	283	30	985	1.35	1.21	404.8	675	0.0	16.19	31.03	10.79
Chicken patty/whole grain bun	1 EACH	400	430	20	870	9.00	3.60	100.0	0	0.0	21.0	52.0	16.0
Peas, frozen, green	3/4 CUP	2500	93	0	87	6.00	0.00	0.0	0	0.0	6.0	16.5	0.0
Fruit, canned	1/2 CUP	2200	68	0	8	1.00	0.14	8.0	250	7.8	0.4	17.2	0.0
Fruit, fresh	1 EACH	2200	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Bread stick whole wheat	EACH	1335	90	0	120	1.00	0.72	0.0	0	1.2	3.0	14.0	2.5
Milk, chocolate fat free	1 CUP	1800	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Alternate, Pizza Hut Pizza	SLICES	615	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar breakfast	SERVING	150	520	55	661	2.79	2.29	85.2	214	5.12	11.36	63.67	24.47
Weighted Daily Average			699	36	1193	12.33	2.61	646.2	1281	31.86	35.06	105.12	15.31
% of Calories											20.1%	60.2%	19.7%
Nutrient Guideline			600-700		1360								

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 11/15/2017													
Lunch 6-8	Total	2500											
Chili con carne & beans	3/4 CUP	800	305	50	456	7.38	3.76	78.8	238	8.8	24.76	29.44	8.9
Hot pocket - pepperoni	1 EACH	500	300	15	550	4.00	2.70	250.0	400	0.0	15.0	33.0	11.0
Bread, mini garlic toast WGsec	2 SLICES	800	137	0	186	1.95	1.41	0.0	0	0.0	3.91	21.51	4.89
Green beans: canned,cooked	3/4 CUP	2500	24	0	210	3.00	0.00	0.0	0	0.0	1.5	4.5	0.0
Fruit, canned	1/2 CUP	2500	68	0	8	1.00	0.14	8.0	250	7.8	0.4	17.2	0.0
Fruit, fresh	1 EACH	2500	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Milk, chocolate fat free	1 CUP	1700	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	500	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Alternate, Pizza Hut Pizza	SLICES	1000	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar breakfast	SERVING	200	520	55	661	2.79	2.29	85.2	214	5.12	11.36	63.67	24.47
Weighted Daily Average			627	41	1001	11.37	3.63	513.8	1135	37.91	32.22	91.76	14.64
% of Calories											20.6%	58.5%	21.0%
Nutrient Guideline			600-700		1360								

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Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Lunch 6-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 11/16/2017													
Lunch 6-8	Total	2500											
Bread stick mozzarella	2 STIXS	1050	320	20	780	2.00	0.00	200.0	0	0.0	14.0	32.0	14.0
Corn dog - whole grain	1 EACH	400	240	20	590	5.00	2.70	150.0	0	0.0	9.0	33.0	8.0
Spaghetti sauce low sodium	1/4 CUP	800	40	0	63	0.50	10.08	125.0	1048	14.7	0.5	5.0	2.0
Salad, chopped Romaine	2 CUP	2500	92	7	89	1.60	0.58	16.0	4000	16.8	1.3	2.45	8.5
Sweet potato chopped wedge	.75 CUP	2200	135	0	60	4.50	1.08	30.0	5252	5.4	1.5	25.51	3.0
Fruit, canned	1/2 CUP	2200	68	0	8	1.00	0.14	8.0	250	7.8	0.4	17.2	0.0
Fruit, fresh	1 EACH	2200	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Milk, chocolate fat free	1 CUP	1800	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Alternate, Pizza Hut Pizza	SLICES	1050	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar breakfast	SERVING	250	520	55	661	2.79	2.29	85.2	214	5.12	11.36	63.67	24.47
Weighted Daily Average			815	44	1103	11.71	6.68	671.4	9971	57.69	30.20	109.76	27.90
% of Calories											14.8%	53.9%	30.8%
Nutrient Guideline			600-700		1360								

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 11/17/2017													
Lunch 6-8	Total	2500											
BBQ pork (shredded) on WG bun	1 EACH	1000	370	44	947	8.00	1.98	430.0	18550	3.0	25.0	50.0	9.0
Cheeseburger/wheat bun 1.60oz	1 EACH	1000	357	48	625	6.00	4.50	1495.0	2250	0.0	21.0	38.0	13.25
Carrot and celery sticks el	3/4 CUP	2500	21	0	59	1.58	1.98	226.8	2302	10.61	0.72	3.68	0.1
Salad, chopped Romaine	2 CUP	2500	92	7	89	1.60	0.58	16.0	4000	16.8	1.3	2.45	8.5
Fruit, canned	1/2 CUP	2000	68	0	8	1.00	0.14	8.0	250	7.8	0.4	17.2	0.0
Fruit fresh 2	1 EACH	2000	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Milk, chocolate fat free	1 CUP	1800	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Alternate, Pizza Hut Pizza	SLICES	300	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar breakfast	SERVING	200	520	55	661	2.79	2.29	85.2	214	5.12	11.36	63.67	24.47
Weighted Daily Average			699	58	1083	11.79	5.87	1380.9	15460	57.26	32.99	92.31	21.93
% of Calories											18.9%	52.8%	28.2%
Nutrient Guideline			600-700		1360								

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Natrona County School District

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Lunch 6-8

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 11/20/2017													
Lunch 6-8	Total	2500											
Salisbury steak	1 EACH	1025	158	43	303	1.00	0.36	450.0	2000	0.6	14.0	5.0	9.0
Chicken patty/whole grain bun	1 EACH	775	430	20	870	9.00	3.60	100.0	0	0.0	21.0	52.0	16.0
Potato pearls low sodium	1/2 CUP	1000	160	0	220	2.00	0.72	40.0	0	60.0	4.0	34.0	2.0
Gravy - brown	.50 CUP	1000	14	0	178	0.00	0.00	0.0	0	0.0	0.57	2.29	0.57
Fruit, fresh	EACH	2000	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Fruit, canned	1/2 CUP	2000	68	0	8	1.00	0.14	8.0	250	7.8	0.4	17.2	0.0
Carrots, baby 3/4 cup	3/4 CUP	2500	36	0	46	2.04	0.00	20.4	5105	1.23	1.02	6.13	0.0
Dinner roll 100 % wheat 2	2 EACH	1000	220	0	360	6.00	2.88	120.0	0	0.0	12.0	38.0	3.0
Milk, chocolate fat free	1 CUP	1800	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Alternate, Pizza Hut Pizza	SLICES	550	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar Salad sec	1 EACH	150	372	36	490	9.69	13.18	409.4	632	77.29	21.22	28.57	18.39
Weighted Daily Average			702	39	1091	12.16	4.27	722.2	6832	58.35	35.24	104.92	15.80
% of Calories											20.1%	59.8%	20.3%
Nutrient Guideline			600-700		1360								

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 11/21/2017													
Lunch 6-8	Total	2500											
Soft shell taco el	1 EACH	1000	200	29	328	1.00	17.69	633.5	169	0.61	11.16	17.81	8.71
Corn dog - whole grain	1 EACH	500	240	20	590	5.00	2.70	150.0	0	0.0	9.0	33.0	8.0
Tomatoes, diced canned	1 OZ	2500	6	0	4	0.23	0.00	0.0	23	4.22	0.23	1.17	0.0
Refried beans	1/2 CUP	2500	120	0	540	6.00	1.80	20.0	0	0.0	6.0	18.0	2.5
Green beans: canned,cooked	.75 cup	2500	24	0	210	3.00	0.00	0.0	0	0.0	1.5	4.5	0.0
Fruit, fresh	EACH	2500	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Fruit, canned	1/2 CUP	2500	68	0	8	1.00	0.14	8.0	250	7.8	0.4	17.2	0.0
Milk, chocolate fat free	1 CUP	1800	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Alternate, Pizza Hut Pizza	SLICES	800	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Bar Salad sec	1 EACH	200	372	36	490	9.69	13.18	409.4	632	77.29	21.22	28.57	18.39
Weighted Daily Average			654	34	1429	15.49	11.54	774.7	1125	45.57	32.37	98.15	14.26
% of Calories											19.8%	60.1%	19.6%
Nutrient Guideline			600-700		1360								

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Natrona County School District

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Lunch 6-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 11/22/2017													
Lunch 6-8	Total	1											
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%
Nutrient Guideline			600-700		1360								

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 11/23/2017													
Lunch 6-8	Total	1											
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%
Nutrient Guideline			600-700		1360								

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 11/24/2017													
Lunch 6-8	Total	1											
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%
Nutrient Guideline			600-700		1360								

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 11/27/2017													
Lunch 6-8	Total	2500											
Chicken nuggets	SERVING	1900	200	25	240	3.00	1.80	40.0	0	0.0	17.0	15.0	8.0
Pork patties sandwich	1 EACH	50	412	40	574	20.00	0.80	710.4	5	0.0	23.0	39.17	19.2
Salad, chopped Romaine	2 CUP	2500	92	7	89	1.60	0.58	16.0	4000	16.8	1.3	2.45	8.5
Sweet potato chopped wedge	.75 CUP	2500	135	0	60	4.50	1.08	30.0	5252	5.4	1.5	25.51	3.0
Fruit, fresh	1 EACH	2500	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Fruit, canned	1/2 CUP	2500	68	0	8	1.00	0.14	8.0	250	7.8	0.4	17.2	0.0
Dinner roll 100 % wheat	1 EACH	1900	110	0	180	3.00	1.44	60.0	0	0.0	6.0	19.0	1.5
Milk, chocolate fat free	1 CUP	1800	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Alternate, Pizza Hut Pizza	SLICES	100	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Taco Bar	1 EACH	50	487	64	869	9.27	12.91	423.9	587	14.52	26.17	46.81	20.0

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Natrona County School District

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Lunch 6-8

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average % of Calories			731	36	698	14.35	4.81	481.2	10112	57.42	31.20 17.1%	104.75 57.3%	20.96 25.8%
Nutrient Guideline			600-700		1360								

Tue - 11/28/2017													
Lunch 6-8	Total	2500											
Chicken fajita tortillas el	SERVING	1000	237	57	747	0.50	16.74	560.0	0	0.0	18.54	17.3	10.41
Hot dog & bun	1 EACH	300	290	30	540	3.00	2.52	20.0	0	0.0	13.0	29.0	13.0
Vegetable fajita blend	.75 CUP	2500	25	0	5	0.00	0.00	0.0	15	0.0	0.0	5.0	0.0
Salad, chopped Romaine	2 CUP	2500	92	7	89	1.60	0.58	16.0	4000	16.8	1.3	2.45	8.5
Fruit, canned	1/2 CUP	2000	68	0	8	1.00	0.14	8.0	250	7.8	0.4	17.2	0.0
Fruit, fresh	1 EACH	2000	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Milk, chocolate fat free	1 CUP	2800	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	1200	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Alternate, Pizza Hut Pizza	SLICES	1000	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Taco Bar	1 EACH	200	487	64	869	9.27	12.91	423.9	587	14.52	26.17	46.81	20.0
Weighted Daily Average % of Calories			705	61	1064	6.67	9.80	919.7	5318	47.17	35.57 20.2%	87.32 49.5%	22.55 28.8%
Nutrient Guideline			600-700		1360								

Wed - 11/29/2017													
Lunch 6-8	Total	2500											
Pancakes whole grain- 2	SERVING	775	140	6	270	2.00	0.00	0.0	0	0.0	4.0	26.0	4.0
Joe Cheeser - ham L	1 EACH	700	270	55	420	0.00	3.60	60.0	0	2.4	19.0	30.0	8.0
Strawberries frozen el	1/4 CUP	775	61	0	2	1.20	0.38	7.0	16	26.4	0.49	16.52	0.09
Sausage, pork link - el	2 each	775	230	40	340	0.00	0.72	0.0	0	0.0	8.0	2.0	21.0
Salad, chopped Romaine	2 CUP	2500	92	7	89	1.60	0.58	16.0	4000	16.8	1.3	2.45	8.5
Fruit, fresh	EACH	2500	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Carrots, baby 3/4 cup	.75 CUP	2500	36	0	46	2.04	0.00	20.4	5105	1.23	1.02	6.13	0.0
Fruit juice assorted	.50 CUP	2500	67	0	4	0.00	0.00	5.0	16	16.5	0.0	16.0	0.0
Milk, chocolate fat free	.50 CUP	1800	60	3	90	0.00	0.00	150.0	250	0.6	4.0	10.0	0.0
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Alternate, Pizza Hut Pizza	SLICES	825	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Taco Bar	1 EACH	200	487	64	869	9.27	12.91	423.9	587	14.52	26.17	46.81	20.0

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Natrona County School District

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Lunch 6-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average			682	57	837	8.49	3.91	420.5	9731	71.23	27.24	84.92	25.45
% of Calories											16.0%	49.8%	33.6%
Nutrient Guideline			600-700		1360								

Thu - 11/30/2017													
Lunch 6-8	Total	2500											
Country fried steak	EACH	1050	330	50	530	3.00	1.80	20.0	0	0.0	17.0	16.0	21.0
Hot pocket - pepperoni	1 EACH	200	300	15	550	4.00	2.70	250.0	400	0.0	15.0	33.0	11.0
Potato pearls low sodium	1/2 CUP	1050	160	0	220	2.00	0.72	40.0	0	60.0	4.0	34.0	2.0
Gravy, chicken dehydr & WA.50c	1/2 CUP	1050	33	0	524	0.00	0.00	3.6	0	0.0	0.0	6.5	2.17
Carrot and celery sticks el	3/4 CUP	2500	21	0	59	1.58	1.98	226.8	2302	10.61	0.72	3.68	0.1
Fruit, canned	1/2 CUP	2500	68	0	8	1.00	0.14	8.0	250	7.8	0.4	17.2	0.0
Dinner roll 100 % wheat	1 EACH	1050	110	0	180	3.00	1.44	60.0	0	0.0	6.0	19.0	1.5
Milk, chocolate fat free	1 CUP	1800	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Milk, white 1%	1 CUP	700	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Alternate, Pizza Hut Pizza	SLICES	1000	344	30	666	3.49	2.32	364.7	483	0.0	24.06	32.98	13.38
Taco Bar	1 EACH	250	487	64	869	9.27	12.91	423.9	587	14.52	26.17	46.81	20.0
Weighted Daily Average			682	47	1241	8.58	6.22	795.0	3336	46.60	33.90	91.14	20.23
% of Calories											19.9%	53.5%	26.7%
Nutrient Guideline			600-700		1360								

Weighted Average			706	45	1068	11.64	8.08	754.5	5771	58.04	32.79	99.86	19.50
											18.6%	56.6%	24.8%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	706		600 - 700	101%			6	Correction Required - Calories too High
Cholesterol (mg)	45							
Sodium (mg)	1068		1360					
Fiber (g)	11.64							
Iron (mg)	8.08							
Calcium (mg)	754.5							
Vitamin A (IU)	5771							
Vitamin C (mg)	58.04							
Protein (g)	32.79	18.57%						
Carbohydrate (g)	99.86	56.56%						
Total Fat (g)	19.50	24.85%						

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